

Rudd Center for Food Policy & Obesity

CHILD CARE CENTER & PRESCHOOL

Nutrition & Physical Activity Policies and Practices Checklist

Child Care Center Name: _____

Meals and Snacks

POLICY	YES	No, not yet
Children have 30 minutes to eat breakfast and/or lunch		
Children have 20 minutes to eat snacks		
All meals and snacks meet the current U.S. Department of Agriculture Child and Adult Care Food Program requirements and the Institute of Medicine's (IOM) recommendations for CACFP		
The center uses a cycle menu of 4 weeks that changes with the seasons, contains minimal repetition and provides foods from different cultures		
We serve a variety of foods to broaden children's food experiences		
Weekly or monthly menus are posted in the center and available online		
Menus are reviewed by our nutrition consultant		
Meals and snacks emphasize nutrient-rich foods like fruits, vegetables, whole grains, low-fat or non-fat dairy and lean meats		
Meals and snacks do not contain any trans-fats (hydrogenated oils)		
Meals and snacks are low in saturated fat, sugar, and sodium		
Only low fat 1% or non-fat/skim milk is served		
Only healthy food preparation techniques (e.g., we steam vegetables, bake chicken, etc.) are used		
Soda, sweetened tea, fruit drinks, full-fat (for children over 2) and flavored milk, candy, cookies, sugary cereals and French fries are never served		
Snacks include either whole fruits or vegetables at least once each day		
100% juice is served instead of fresh fruit or vegetables no more than once per week		
When 100% juice is served, no more than 4 oz is provided to each child in one day.		
I model healthy habits by eating the same food offered to children		

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during meals and snacks		
I do not consume other foods or beverages in front of children		

[For CENTERS in which parent send in all food for children]

POLICY	YES	No, not yet
Children have 30 minutes to eat breakfast and/or lunch		
Children have 20 minutes to eat snacks		
Parents must pack meals and/or snack(s) that meet CACFP requirements		
No candy, soda, sweetened beverages, cookies or other desserts are to be sent in		
Parents are reminded to pack child-size portions		
If children bring prohibited foods to school, I will send them home with a reminder and provide the children with an alternative food on that day		
All food from home must be clearly labeled by the family with the child's name, date and type of food. It is stored at an appropriate temperature		
If refrigerator space is not available, families are asked to put an ice pack in their child's lunch bag.		

[All centers]

Mealtime Practices

POLICY	YES	No, not yet
Food is never used as a punishment or reward		
Mealtime is used as an opportunity to teach nutrition and food concepts		
Teachers eat with the children to encourage social interaction and conversation, and ask questions and talk about nutrition concepts related to the foods		
Teachers remind children to take small portions		
Teachers encourage, without forcing, each child to eat or taste their food		
Teachers help children gauge level of fullness when requests for second		

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helpings are made		
Second helpings are not put on children's plate unless they ask for more or serve themselves		
When second helpings are requested, fruits and vegetables are encouraged before other meal components		
All children and caregivers wash their hands before meals and snacks		
Children eat family style, so they learn how to pour beverages, serve themselves, make independent food choices, and practice good table manners		
Water is offered to children at meals/snacks and often throughout the day		
Safe, fresh drinking water is clearly visible and available to children at all times indoors and outdoors		
Birthdays and other special occasions are celebrated with activities that shift the focus away from food and to the child. Parents may choose a special activity to celebrate birthdays and other special occasions.		

Breastfeeding

POLICY	YES	No, not yet
A comfortable, private area for mothers to breastfeed or express milk is available		
Refrigerated storage is provided for breast milk		
Caregivers are trained in the proper handling of breast milk		

Fundraising

POLICY	YES	No, not yet
Fundraising activities for the center do not include the sale of any foods or beverages		
Fundraising activities that promote physical activity are encouraged		
We do not rely on sales from vending machines, and no vending machines are located within the center		

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Daily Physical Activity

POLICY	YES	No, not yet
Children are provided with numerous opportunities for physical activity throughout the day		
Preschoolers have at least 60 minutes of structured physical activity and at least 60 minutes of unstructured physical activity daily		
All children are provided outdoor time at least twice daily, weather and air quality permitting		
In the case of severe weather similar activities are provided inside		
Equipment and materials for active play that support the development of gross motor skills are provided		
During outdoor play, children practice gross motor skills with a variety of activities, such as running, skipping, kicking and throwing balls		
Children with special needs have opportunities to participate in physical activity routinely with their peers.		
The facility is regularly inspected to ensure the safety of all children		
The outdoor environment is made safe by discarding broken materials, cleaning contaminated areas, sweeping/raking areas regularly, and picking up large branches		
Caregivers participate in physical activity with the children to increase child participation and model healthy levels of activity		
Teachers are trained in physical activity promotion including activities that promote gross and large motor skills and involve running and other physical activity		
Parents are instructed to dress their children for safe outdoor playtime		
In the summer children must come to school wearing sunscreen for morning outdoor play, and I will reapply prior to afternoon outdoor activities. Parents must complete a Topical Medication form		
Extra physical activity may be used as a reward; it is never used or withheld as a punishment		

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To ensure that children have plenty of time to be physically active during the day, screen time (TV, videos, computer, etc.) is not offered		
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EDUCATION

POLICY	YES	No, not yet
A developmentally appropriate health education curriculum is provided for children and includes lessons and activities on nutrition and physical activity		
Nutrition education is incorporated into other content areas, such as language and literacy development, math, science and music		
Nutrition themes are incorporated into planned learning experiences and daily routines, when appropriate, to reinforce and support health messages.		
Caregivers participate in annual training on nutrition and physical activity for children to further my own knowledge and expertise		
Healthful food and physical activities are promoted in posters, books, games and toys (e.g., toy foods)		
All books, posters, and other educational materials are free of illustrations of unhealthful foods		

COMMUNICATION AND PROMOTION

POLICY	YES	No, not yet
Caregivers provide positive verbal and nonverbal messages about healthy eating and physical activity		
Food promotions and messages emphasize nutrient-rich foods only, such as fruits, vegetables, whole grains and low-fat dairy products		
Family involvement is encouraged to support and promote children's healthy eating and physical activity habits		
Family input is welcome; for example, families are encouraged to suggest items they would like to see on the menu		
Caregivers communicate in ways that respect families' cultures and		

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customs		
Nutrition education and physical activity information is provided for parents through newsletters and relevant handouts		
The director provides referrals to appropriate resources for families with children with special nutrition or health needs		
Parents are encouraged to communicate any concerns about their child's eating or physical activity habits		
Parents are encouraged to contact the director with any questions or suggestions about our nutrition and physical activity practices		

EVALUATION

POLICY	YES	No, not yet
The center has a health advisory team for the planning, operation and evaluation of nutrition and physical activity programs and policies		
The health advisory team includes parents, governing board members, and our health consultant and teachers		
The health advisory team develops work plans to facilitate policy implementation and regularly reviews policy compliance and improvement needs		
Health program improvements are made based on findings		